

# DISTRICT 3 DIGEST

www.skyvalleydistrict3aa.org

[newsletter@skyvalleydistrict3aa.org](mailto:newsletter@skyvalleydistrict3aa.org), PO Box 846, Gold Bar, WA 98251

AUGUST 2010

VOL.2 ISSUE 8

## GOLD BAR TOSSPOTS



*Monday, 7pm*  
*5<sup>th</sup> & Lewis, Gold Bar*  
*(2<sup>nd</sup> floor of the fire hall)*  
**O**

*1<sup>st</sup> MON Business meeting*  
*3<sup>rd</sup> MON (new) Traditions meeting*  
*Last MON Birthday meeting*



Ralph	28 years
Mike B	24 years
Robin	15 years
Jim	4 years



- THE FUN STARTS AT NOON & ENDS???
- HAMBURGERS AND HOT DOGS ARE PROVIDED
- KIDS GAMES - SWIMMING - BOATING
- RAFFLE / SOBRIETY COUNTDOWN
- CAMPFIRE MEETING
- FRIENDLY PEOPLE & LOTS OF FUN FOR THE WHOLE FAMILY

*WONDERLAND PARK*

*@ FLOWING LAKE SNOHOMISH*

**No pets, no exceptions**



*I am responsible, when anyone, anywhere reaches out for help,  
I want the hand of AA always to be there, for that I am responsible.*





**Mike and Lolinda White**

*We would like to thank everyone for such a great time spent with friends and family at the BBQ. It's truly heartwarming to know we are surrounded with so much love.  
Mike and Lolinda*



**Jay B and Marti M**

**CONGRATULATIONS !!!**

**Saturday, August 7<sup>th</sup>, 2010,**

**12 noon at Wonderland Park**

**DISTRICT 3**

**Central Office Phone Positions**

Recruits needed for night phone positions are needed to cover our night calls at Central Office.

Please **contact Patti G** our current Night Phone Coordinator. She needs our help to build back a group of people to cover our night Central Office calls.

**Please spread the word!!**

Those interested can contact Patti G. who will provide more information for the potential recruit.

**Our needs are immediate and Patti will appreciate your efforts!**

**Patti G. - (206) 399-1399**



**KISMIF**

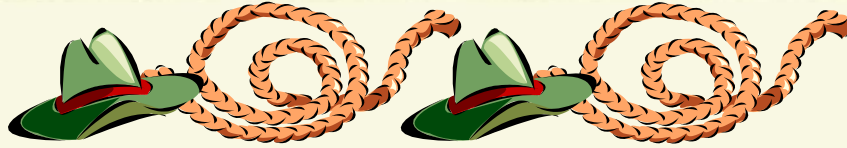
*(Keep It Simple Make It Fun) regretfully has to close the doors due to lack of attendance. If it resumes in the future we will let you know.*

*Send any and all group changes like this to*

*District Schedule Chairperson:  
canarry@aol.com*

**District 3 Service position announcements:**

- Grapevine/Literature Committee Chairperson
- Public Information Committee Chairperson
- Professional Community Committee Alt. Chairperson
- District Committee Alternate Chairperson
- Newsletter Alternate Chairperson
- Webmaster Alternate Chairperson



## TRADITION 8

*Alcoholics Anonymous should remain forever  
nonprofessional, but our service centers may employ  
special workers*

The 8th tradition protects our fellowship. It removes all other motives from our twelfth-step work, leaving only the desire to give to others what was so freely given to us. Whenever money or other motives are brought into play, tensions and conflicts inevitably arise.

I can remember this from my own experience with detox and IOP, as compared to my experience in AA. In detox, the hospital owned the facility, assigned me the bed, gave me the drugs to prevent DTs, and provided the staff to help me do it. They were professional and caring, but it was clear who held all the power.

At IOP, they told me when to meet, what to read, which worksheets to fill out, which lecture we were having that night. They wanted two meetings a week, and slips to prove it. They could order random UAs, and continued insurance coverage depended upon receiving a favorable write-up at review time. And it was even more demanding for some my IOP friends, who were court-ordered or employer-ordered to be there. Don't get me wrong – the IOP counselors were good people who helped me when I needed it. I will be forever grateful for their help. But it was not a relationship of equals, and I also resented the fact that I was paying for the privilege of being told what to do with my life!

My experience in AA has been completely different. There were no forms to fill out, no co-pays or proof of insurance required. There aren't any lectures, just alcoholics sharing their experience, strength and hope. There are no directives, just twelve steps that are suggested as a program of recovery. Meetings are no longer required, but I still go to them. I go because I want to see my AA friends, to strengthen my sobriety, to feel the love and fellowship. I do service work because I want AA to last, to be there when the newcomer finds his or her way into our rooms.

If AA were to become professional, to charge for its twelfth-step work, the conflicts and tensions I felt in detox and IOP would come between me and the program. So I am thankful that AA in its early days decided that AA should “remain forever nonprofessional.”

Sarah M., SVBG

# WHERE CAN A DRUNK FIND ALCOHOLICS ANONYMOUS BY ACCIDENT?

( THE PUBLIC INFORMATION BOOTH AT THE EVERGREEN STATE  
FAIR IN MONROE !! )  
Aug. 26<sup>th</sup> thru Sept 6<sup>th</sup>

Since the P.I. Booth started in 1998,  
over 6 MILLION people have gone to the fair, and they took  
over 11 THOUSAND AA pamphlets and meeting schedules!!

If you know another way to put AA literature within the reach of  
almost a million people a year, we want to hear about it!!!!

If just one district could do it all, we would,  
but we can't, so we're asking for help again this year.

We need contributions to pay for rent and literature,  
and we need volunteers to staff the booth.

For further information, call:

Barry 808 348-3850 Chairperson  
Mike 425 308-2624 Volunteer Coordinator

To make a contribution:

AAPI Booth  
Box 1894  
Sultan WA 98294

## A.A. History in August

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Aug 1

1943 - Washington Times-Herald (DC) reports on AA clubhouse, to protect anonymity withholds address.

Aug 3

1954 - Brinkley S. gets sober at Towns Hospital after 50<sup>th</sup> detox.

Aug 8

1879 - Dr. Bob born in St. Johnsbury, VT.

Aug 9

1943 - LA groups announce 1000 members in 11 groups.

Aug 11

1938 - Akron & NY members begin writing stories for Big Book.

Aug 15

1890 - E. M. Jellinek is born, author of "The Disease Concept of Alcoholism" and the "Jellinek Curve".

Aug 16

1939 - Dr Bob and Sister Ignatia admit first alcoholic to St. Thomas Hospital, Akron, Ohio.

Aug 18

1988 - 1st Canadian National AA Convention in Halifax, Nova Scotia.

Aug 19

1941 - 1st AA Meeting in Colorado is held in Denver.

Aug 25

1943 - AA group donates Big Book to public library in Quincy, MA.

Aug 26

1941 - Bill writes Dr Bob to tell him Works Publishing has been incorporated.

Aug 28

1954 - *24 Hours a Day* is published by Richmond W.

**Other significant events in August for which we do not have a specific date:**

1934: Rowland H and Cebra persuade court to parole Ebby T. to them.

1939: Dr. Bob wrote & may have signed article for Faith magazine.

1941: 1st meeting in Orange County, California held in Anaheim.

1981: Sales of the Big Book passes 3 million.

**AAGRAPEVINE.org**  
The International Journal of Alcoholics Anonymous

## Step 8

**“Made a list of all persons we had harmed and became willing to make amends to them all.”**

The humility required to proceed with action step is, in most cases, a result of the work we have done on the previous steps. How to best go about is laid out in the big book and the 12 by 12.

It seems for some of us our list could be split into 3 sections, 1) a list of all we have harmed as a direct result of our behaviors, 2) another list consisting of those on the first list to whom we are *willing* to make amends, and 3) a final list of people from the first list to whom we are *not willing* to make amends. Confused?? So was I!! The point is that we need to include everyone affected by our shortcomings and this process gets them on the list regardless of our personal feelings at this point of our recovery. In the past when I thought I was at a standstill and not able to deal with a particular part of my program, I just needed to be patient and soon I found I had grown enough to accept what had to be done. After the lists are completed, it might be a good idea to write down a little prayer regarding the folks on lists 2 and 3 asking for help and guidance for the willingness to make amends to those whom we are willing to make amends and also a final prayer for help, guidance and understanding for the folks to whom we are not willing to make amends.

The following paragraph is from page 78 of the 12 by 12:

When listing the people we have harmed, most of us hit another solid obstacle. We got a pretty severe shock when we realized that we were preparing to make a face-to-face admission of our wretched conduct to those we have hurt. It had been embarrassing enough when in confidence we had admitted these things to God, ourselves, and to another human being. But the prospect of actually visiting or even writing the people concerned now overwhelmed us, especially when we remembered in what poor favor we stood with most of them. There were cases too, where we had damaged others who were still happily unaware of being hurt. Why, we cried, shouldn't by-gones be by-gones? Why do we have to think of these people at all? These were some of the ways in which fear conspired with pride to hinder our making a list of *all* the people we had harmed.

My sponsor was so emphatic about getting out of all those negative emotions, now we had 2 of the top hitters, fear and pride, working together?? What it taught me was that it probably is not a good idea to succumb to any of the negative stuff in which I used to wallow around. It didn't take too long for me to realize that these negative things can pile up and indeed work together to undermine my serenity and piece of mind. That is not a good idea for those afflicted like me.

I have always loved the last sentence of Step Eight in the 12 by 12:

“It is the beginning of the end of isolation from our fellows and from God.”

Love-n-Service

Willy

## July Quarterly 2010

The Area Secretary's synopsis of the motions was forwarded to the District committee separately. This comes from my notes. Sue DCM

**Pre-Assembly:** Ours has been set for Sunday, August 22d. This is the day after our picnic. Regardless, we all need to attend. We often complain about how long deliberations can take at the Assembly. The best way to avoid that is to come prepared instead of just arriving and winging it. Informed GSR's are the key to the assembly. The best way to be prepared is to attend the pre-assembly.

**Area Assembly:** the theme of this year's Assembly is "Practicing These Principles." It is the first weekend in October. Once again, register right away. Floor seating will be determined by advance registration. For members of District 3 to sit together, we need to pre-register.

**Next Rotation:** need to be bringing candidates for next rotation on board. Also need to keep in mind that this is NOT an opportunity for the present committee members to hang on to their position by hanging on to their successor. Rotation includes rotating OFF.

**Area Finances:** We have been operating below our reserve which is not a good thing. Expenses have increased more than revenue has. Note: Very few groups in district 3 have made contributions to the Area. This has dropped over the last few years.

**Seattle Intergroup Picnic:** Sunday, 8/15. A warm up event for ours!

### 2011 Quarterlies:

January 7 & 8: District 31, around Normandy Park

April 1 & 2: District 4, Skagit Valley

July 8 & 9: District 46, Whidbey Island

### MOTIONS

As of Saturday morning, there were 8 motions which had been approved for the Assembly. Several more were offered for consideration at this Quarterly (see Secretary's report, also). Reviewed the previous motions for clarity, background material suggestions, and whether or not they truly were appropriate for this Assembly's consideration. The motion regarding a possible split of Area 72 into 2 delegate areas was tabled until the January Quarterly to give the ad hoc committee more time to research it. It was determined that this is a pretty complex issue and we are not ready to proceed, yet.

The NEW MOTIONS that were advanced to the Assembly Agenda were:

- (1) That the Washington Area #72 reimbursement for mileage be reduced to 1/2 of the current IRS business rate, for all those eligible. This would change it from 50 cents to 25 cents. Supporting information cited our spiritual principle of poverty, as well as making the case that this amount would be much closer to actual transportation costs.
- (2) We request that the General Service Conference review the use of non-AA logos or trademarks on and in our literature and video products and create a policy that is in keeping with our Traditions of neither affiliation nor endorsement. A previous motion requested the possible removal of a specific trademark--"unikron.com"--and this motion may or may not include that topic. I would expect that this one would be scheduled first on the agenda so My that if we vote on this one first and it passes, it would make the more limited one redundant. If this one does not pass, then I would assume that we would discuss the next one as well.
- (3) It is moved that WWA72, beginning in the year 2012, have 2 assemblies annually. There was an ad hoc committee study of this issue which submitted a report in 2006, recommending 2 assemblies. What would happen if this motion were to pass is not clear to me. The original intent may have been to stop marathon sessions. However, there are no reasonable cost estimates at this time, nor do we have any idea of how this would affect participation or of how things would be structured. This could be a can of worms we are not quite ready to open, yet.
- (4) Western Washington Area 72 shall cease printing hard copies of the area newsletter. The area newsletter will continue publication as a digital document. It will be distributed via email or by posting on the area web site." It appears that this would save the Area over \$18,000 a year. It also might exclude many from access to the newsletter. The accuracy of the background information was challenged. As worded, if passed it would go into effect immediately.

## Gold Bar Tospots invites you to the Traditions

I moved to Gold Bar in 1992. Until then, I had attended most of my meetings at the Alano club in Snohomish. I have been a participating member of AA in the upper Sky valley for the past 17+ years. My home group is the Gold Bar Tospots which meets every Monday night at the Old Fire Hall in downtown Gold Bar. There are several meetings in the upper valley, and while each group is autonomous, they are mostly attended by the same core group of people.

A while back, a few of the older sobers started noticing small variances from the 12 traditions in some of the meetings. Nothing big, mind you, just little inconsistencies. It was felt that while these were isolated and innocent, they were occurring because of a lack of understanding of the 12 traditions of AA.

Many of the older sobers in the valley believe that the Traditions are to group survival what the 12 Steps are to the individuals sobriety. Without an understanding of the traditions, the group may not survive, and thus the individual may not recover. Many of us believe that the traditions are the glue that holds the group together. A group conscious was taken at the Tospots business meeting and it was decided to designate every 3rd Monday of the month as a Traditions meeting.

Thus far we have had 2 such meetings and the response has been phenomenal, with upwards of 20 people attending. To my knowledge, this is the first meeting of this type in the upper valley and attendance and interest has far exceeded our expectations.

Our next traditions meeting will be on Aug. 16th, when we will be studying Tradition 3.

We would like to invite all members of AA with an interest in the Traditions to join us. We would especially like to hear from some of the older sobers with a working knowledge of the 12 traditions. The meeting starts at 7:00 pm and is located at the corner of 5th and Lewis St. in the Gold Bar in the upper portion of the Old Fire Hall. Please come and join us.

Together in sobriety,  
JD, member of Gold Bar Tospots

Visit District 3 website for upcoming events  
[www.skyvalleydistrict3aa.org](http://www.skyvalleydistrict3aa.org)

To announce upcoming events email:  
[webmaster@skyvalleydistrict3aa.org](mailto:webmaster@skyvalleydistrict3aa.org)

**TUESDAY NIGHT LONGHOUSE**  
**Meeting at the Monroe Fairgrounds**  
Will be held temporarily at  
**ODD FELLOWS HALL**  
Across from Lewis St. Park  
During the Evergreen State Fair  
**AUG 26<sup>th</sup> - SEP 6<sup>th</sup>, 2010**

